



# Wellness COMMUNITY festival

## Screenings:

### Blood testing

by Valley Health Laboratory Services, 7:30–12 noon (Section A) **DISCOUNTED**

### Blood Glucose testing

by Shenandoah University School of Nursing (Section A) **FREE**

### Blood Pressure Checks **FREE**

- Laurel Ridge Community College Nursing (Section B)
- Shenandoah University School of Nursing (Section C)
- Valley Health Family Practice & Primary Care (Section C)
- Valley Medical Transport (Section B)

### Body Composition Scan

by Anytime Fitness (Section C) **FREE**

### Body Mass Index screenings

by Valley Health Metabolic & Bariatric Program (Section C) **FREE**

### CIMT and 12-Lead EKG screenings

by Valley Health Heart & Vascular (Section A) **FREE**

### Hearing screenings

by HearingLife (Section F) **FREE**

### Personal Stroke Risk Factor screening

by Valley Health Stroke Program (Section C) **FREE**

### Vein Screenings

by Center for Vein Restoration (Section D) **FREE**

## Fitness & Wellness Demos at JCPenney Court

### 10:10..... Rock Steady – Valley Health Wellness & Fitness Center

A circuit-style boxing class for individuals with Parkinson's to help improve reflexes, balance, neuromuscular memory, posture, and slow the progression of disease symptoms.

### 10:50 ..... Parisi Speed School – Valley Health Wellness & Fitness Center

Helping athletes of all ages and abilities become fast, stronger and mentally tougher

### 11:30 .... Chick Fil-A

Making healthier choices when on the go

### 12:10 .... The Little Gym

Kid's gymnastics, parent-child classes and more

### 12:50 .... Armstrong Irish Dance Academy

Irish dance classes for all ages.

### 1:30 ..... Unique Hoops Basketball Academy

Teaching basketball skills and promoting life lessons and values such as character, teamwork, discipline, respect, and sportsmanship.

### 2:10 ..... East Coast Gymnastics & Cheer

Fitness classes and activities for kids

### 2:50 ..... D1 Training

Training the entire body for optimum performance using trusted and proven techniques delivered in age-appropriate programs

### 3:30..... Shenandoah University Music Therapy

Using the power of music to improve a person's well-being.

Today's Festival brings together a range of healthcare professionals and resources to help you take the next steps toward health and wellness. Participating exhibitors are not endorsed by Valley Health, Shenandoah University or Apple Blossom Mall. Be sure to consult with your physician before beginning any new health or wellness regimen.



# ValleyHealth COMMUNITY Wellness festival

APPLE BLOSSOM MALL  
A SIMON MALL

SHENANDOAH UNIVERSITY  
Eleanor Wade Custer School of Nursing

ValleyHealth  
Healthier, together.

Funded by Winchester Medical Center Foundation

## SECTION A

Blue Ridge Agents Health  
Cologuard | Exact Science  
Crossroads Treatment Center  
NAMI-Northern Shenandoah Valley  
Shenandoah University - Nursing

- Mental Health
- Blood Glucose Screening
- Blood Pressure Checks

The Laurel Center  
Virginia Partnership for Gaming and Health  
Winchester Comprehensive Treatment Center

## SECTION B

Access Independence  
AIDS Response Effort  
American Cancer Society  
Blue Ridge Hospice  
Dermatology Center of Winchester  
Lord Fairfax Health District  
Laurel Ridge Community College

- Heart Health
- Oral Hygiene
- Surgical Technology

Our Health, Inc.  
Shenandoah Valley Compassionate Care  
Shenandoah University School of Pharmacy  
Sinclair Health Clinic  
Valley Health Pharmacists  
Valley Pharmacy  
Winchester Gastroenterology Associates  
Winchester Health and Rehab  
Winchester Neurological Consultants  
Winchester Radiologists

## SECTION C

Anytime Fitness  
Blue Ridge Center for Therapeutic Horsemanship  
Frederick County Parks & Recreation  
Shenandoah Apple Blossom Festival

## Valley Health

- Camp Follow the Leader
- Community CPR
- Home Health Services
- Metabolic & Bariatric
- Neurosciences - Stroke Program
- Palliative Care
- Transition Clinic
- Trauma Services
- Urgent Care
- Valley Health Family Practice
- Valley Health Primary Care - Jubal Early
- Valley Health Women's Specialists
- VH - SBIRT
- Volunteer Services
- Warren Memorial Hospital
- Wellness Services
- Wellspring

Virginia Cooperative Extension  
Walk to End Alzheimer's - NSV  
Winchester Branch NAACP 7127-B

## SECTION D

Blue Ridge Independence at Home  
Center for Vein Restoration  
Healthy Families NSV  
Lifetime Wellness Associates  
Valley Health

- Community Paramedicine Program
- Community Prenatal Access
- Mother & Baby
- Valley Medical Transport

Victory in Balance

## SECTION E

Blue Flame Insurance  
Blue Ridge Habitat for Humanity  
City of Winchester Public Services  
FREE Foundation  
Winchester Police VIP

## SECTION F

Adult Care Center of the NSV  
Blue Ridge Habitat for Humanity  
Caption Call by Sorenson  
Evergreen Health & Rehab  
Hearing Life  
Hidden Springs Senior Living  
I Know Medicare Insurance Agency  
Mobility Plus  
MyEyeDr.  
Public Partnerships LLC  
Senior Medicare Patrol  
Top of VA TRIAD  
Wheels for Wellness

## The Healthy Kid Experience

Shenandoah University Nursing -  
Child Wellness  
Valley Health - Child Life



The Healthy Kid  
**EXPERIENCE**  
Wellness Fun for Kids

**Fun Activities**  
**Giveaways**  
**Prizes**

Located Next to Zumiez